



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Kripp, Nicole

000: 1:23:46

00: Ludwigshafener Schwimmverein 07

00: 101

00: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

00000/000: 230 (of 340)

00000/0: 38 (of 89)

000000: 1:03:53

0000:

00000: 2(of 7)

Seniorinnen 3 (TW 50)

0000000: 1:12:33

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:57	2.51	3	0:47	42	5:11	0.50	11:57	2.51	8	0:47	90	5:11	
Wechsel S -> R	-	2:41	-	4	0:41	38	1:11	0.50	14:38	2.05	8	1:28	90	6:22	
Schwimmen 000	0.50	14:38	2.05	8	1:28	90	6:22	0.50	14:38	2.05	8	1:28	90	6:22	
Rad netto	20.00	42:46	28.06	6	7:14	60	14:27	20.50	57:24	21.43	8	8:42	90	13:21	
Wechsel R -> L	-	0:48	-	2	0:01	20	0:18	20.50	58:12	21.13	8	8:43	90	13:39	
Rad 000	20.00	43:34	27.54	5	7:15	56	13:55	20.50	58:12	21.13	8	8:43	90	13:39	
Lauf	5.00	25:34	11.73	3	2:30	28	6:14	25.50	1:23:46	18.27	2	11:13	40	19:53	